

DBH Cultural Event Newsletter 2009

Crafted by: Minette O'Bryan



February is African American History Month

<http://www.diversityresources.com/cal09sample/febmain.htm>
http://www.imdiversity.com/villages/african/aahistory_.asp
<http://www.interfaithcalendar.org/2009.htm>
<http://www.wheeloftheyear.com/>
<http://www.brownielocks.com/b3calendar.html?200902>
<http://www.holidaymart.com/2009/year2009.htm>
<http://www3.kumc.edu/diversity/february.html>
http://www.vpcalendar.net/Holiday_Dates/2005_2010.html
http://en.wikipedia.org/wiki/List_of_holidays_by_country
<http://www.web-holidays.com/calendar/>
<http://www.gatheringofnations.com/powwows/>
<http://festivals.iloveindia.com/hindu-festivals.html>
<http://www.festivalsinindia.net/>
<http://www.portalsanmiguel.com/things-to-do/festivals.html>
<http://www.infoplease.com/spot/bhm1.html>
<http://www.ancient-rome.com/festivals.htm>
<http://www.nwhp.org/news/february.php>
http://www.godweb.org/Buddhist_Calendar.htm
<http://www.kelownabuddhisttemple.org/pagefour.htm>
<http://www.crayola.com/calendar/index.cfm?month=2&year=2008>
<http://www.chabad.org/library/article.asp?AID=3264>
<http://www.frommers.com/destinations/rome/0064030003.html>
<http://realtravel.com/italy-travel-guide-d1703-1.2270681.html>
http://goitaly.about.com/od/monthlyfestivalsinitaly/a/january_fest.htm
http://bugbog.com/festivals/exotic_festivals.html
<http://www.isholf.is/gullis/jo/desserts.htm>
<http://techdirect.com/valentine/vrecipes.html>

African American History Month. A chance to honor the lives & achievements of African Americans. In 1926 Dr. Carter Woodson instituted a week-long celebration of the contributions of African Americans to history. Dr. Woodson chose the week of Abraham Lincoln's birthday (February 12). In recent years the observance has expanded, and now the entire month of February is celebrated as African American History Month. Because of the variation in terms used, this month is also known as Afro-American History or Black History & Black Experience Month. Each year, the Association for the

Study of Afro-American Life & History, founded by Dr. Woodson, sets the theme for the month. For this February, contact the association at 202-865-0053 or visit its web site at www.asalh.org. <http://bv.channel.aol.com/>
<http://creativefolk.com/blackhistory/blackhistory.html>

2009 Theme: "Quest for Black Citizenship in the Americas." <http://www.asalh.org/>

THE ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY

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TELEPHONE: (202)865-0053 ----FAX: (202)265-7920

email address: asalh@earthlink.net

Join MSN Encarta in celebrating Black History Month:

<http://encarta.msn.com/encnet/features/Guides/?Page=BlackHistory>

Books on African American women:

<http://www.thebestkidsbooksite.com/thispartictopic.cfm?BookTopic=1263>

Living Legend: Dorothy Height

She has been deemed the 'grand dame' of the Civil Rights Movement. She was named president of the **National Council of Negro Woman (NCNW--** <http://www.ncnw.org/>) in 1957 -- a position she held for 4 decades.



African American Firsts

<http://encarta.msn.com/encnet/features/Lists/?Article=AfricanAmericanFirsts>

<http://www.infoplease.com/spot/bhmfirsts.html>

African American history is filled with important milestones & breakthrough achievements. The following list calls out just a few notable "firsts" in the history of African Americans.

Black History Month



African American historian Carter G. Woodson organized the 1st annual celebration of Negro History Week in 1926. It was held during the second week in February in honor of the birthdays of

African American scholar Frederick Douglass & former US president Abraham Lincoln. Promoted by schools & the press as a way to celebrate black history & achievement, the event steadily gained in popularity. In the early 1970s, Negro History Week was extended & renamed Black History Month.

Astronauts



In August 1983 Guion Bluford became the 1st African American to travel into space, while serving on a mission aboard the Challenger space shuttle. Bluford said that the blastoff of the shuttle was like riding in a high-speed elevator through a bonfire. He also recognized that, "From a black perspective, my flight on the shuttle represented another step forward."



Astronaut Mae Jemison became the 1st African American woman to travel in space when she flew on the space shuttle Endeavor in a September 1992 mission. After her space

flight, Jemison resigned from NASA & established the Jemison Group, a company that researches, develops, & markets advanced technologies.

Black church

Protestant minister Richard Allen founded the African Methodist Episcopal Church (AME), the 1st black church that would have a nationwide following, in Philadelphia in 1816. A group of black parishioners at Saint George's Church in Philadelphia had formed the congregation that became the AME as early as 1786. From its inception, the AME has been dedicated to black self-improvement & Pan-Africanist ideals.

Tennis champion

The Associated Press (AP) honored tennis champion Althea Gibson with the Female Athlete of the Year Award in 1957, the year she won the women's singles & doubles tennis championships at Wimbledon, the US women's clay court singles championship at River Forest, Illinois, & the U.S. Open singles & doubles championships at Forest Hills in New York City. Gibson was the 1st African American to win each of these major tournaments. In the 1960s Gibson retired from tennis & became a professional golfer.



Golf champion

In 1997 Tiger Woods, whose father is African American and whose mother is Thai, became both the 1st African American and the 1st Asian American to win the Masters

golf tournament. At the same time, he broke several tournament records, including youngest champion (21 years of age), lowest score for 72 holes (18 under par at 270), & widest margin of victory (12 strokes). Woods's winning streak continued in subsequent years, making him one of the greatest players in the sport's history.

Major league baseball player

In 1947 Jackie Robinson joined the Brooklyn Dodgers lineup, becoming the 1st African American to play in the major leagues since baseball became segregated in the mid-1880s. Breaking baseball's color barrier was a serious challenge, & Robinson met fierce resistance from many players & fans who believed in the separation of people on the basis of race. Robinson endured malicious catcalls & racial slurs shouted from the stands. He also received anonymous notes threatening death if he continued to play baseball. Some rival players threw pitches at Robinson's head, spat on him when he slid into a base, & attempted to injure him with the spikes on their shoes. Despite this abuse, the determined Robinson helped the Dodgers win the National League (NL) pennant in 1947. During the season he led the NL with 29 stolen bases, & sportswriters named Robinson rookie of the year.

NHL Hockey Player

The first black player in the NHL was a Canadian named Willie O'Ree on Jan. 18, 1958, when he made his NHL debut with the Boston Bruins. O'Ree was inducted into the New Brunswick Sports Hall of Fame in 1984. The most fitting tribute to Willie's career came when the NHL created an all-star game for young minority hockey players

and named it in Willie's honor. The Willie O'Ree All-Star Game is held every year at the World Junior Championships. He is proud "not just to be the first black in the NHL, just to play in the NHL. They called me the Jackie Robinson of hockey, but I didn't have the problems he had. I was never refused service at a hotel or restaurant, and I was accepted by my teammates."

Incredibly it took 25 years for another black to make it to the NHL, after O'Ree, the next black player in the NHL was fellow Canadian Mike Marson who was drafted by the Washington Capitals in 1974. The situation today remains much the same today. 38 years after Willie O'Ree broke the racial barrier in pro hockey, minority players are still rare in the NHL. Part of the reason is that blacks and other minorities don't make up a significant portion of the Canadian population, and few African Americans take up the sport in the U.S.

There were 17 black players in the NHL as of the mid-2000s, the most prominent including Canadians Jarome Iginla (who is currently on the Calgary Flames) and Anson Carter and American Mike Grier (who is currently on the San Jose Sharks). Art Dorrington was the first black player to sign an NHL contract, in 1950 with the New York Rangers organization, but Dorrington never played beyond the minor league level. NHL players are now required to enroll in a diversity training seminar before each season, and racially based verbal abuse is punished through suspensions and fines.

Nobel Peace Prize



► Scholar & diplomat Ralph J. Bunche became, in 1950, the 1st African American to win a Nobel Peace Prize. He received the award for his role as the architect of United Nations (UN) peacekeeping efforts & for having negotiated the 4 armistice agreements that halted the Arab-Israeli War of 1948. In 1955 he was named the UN's Undersecretary for Special Political Affairs; in that capacity he oversaw UN peacekeeping operations in some of the most heated conflicts around the world. US President John F. Kennedy awarded Bunche the nation's highest civilian honor, the Medal of Freedom, in 1963. ► Martin Luther King, Jr., became the 2nd African-American Peace Prize winner in 1964.

Novel

In 1853 William Wells Brown wrote *Clotel; or, The President's Daughter*, the 1st novel by an African American author. First published in England, *Clotel* is a fictional account of slave children allegedly fathered by US president Thomas Jefferson. The 1st novel published in the US by an African American author was also the 1st novel published by a black American woman, Harriet Wilson. Her novel *Our Nig* (1859) details the difficulties faced by Northern free blacks.

Poem

In 1746 Lucy Terry, an African-born slave in Rhode Island, composed the 1st known poem by a black American: "Bar's Fight." The poem, which was not published until 1855, describes a Native American raid

against white settlers in New England. In 1773 poet Phillis Wheatley became the 1st African American to publish a book, entitled *Poems on Various Subjects, Religious and Moral*. Considered the founder of African American literature, Wheatley is perhaps best remembered for her poem "On Being Brought from Africa to America," which describes her experience coming to America as a 7-year-old child & as a slave.



Pulitzer Prize

In 1950 poet & novelist Gwendolyn Brooks became the 1st African American to win the Pulitzer Prize, which she received for her 2nd book of poetry, *Annie Allen* (1949). Brooks

was praised throughout her writing career for poems that grapple with issues of art, identity, race, gender, & the relation between literature & popular culture.

Film Director

In 1919 writer & motion-picture director Oscar Micheaux made *The Homesteader*, the 1st full-length film directed by an African American. The film, based on Micheaux's own novel, depicts the adventures of a self-made black settler in the American West. Micheaux went on to produce, write, & direct more than 30 films over the next 3 decades. In 1931 he made the 1st African American feature-length sound movie, *The Exile*.

First Oscar

Hattie McDaniel, 1940, supporting actress, *Gone with the Wind*.

Grammy Award winner

Female-Ella Fitzgerald in 1958 was a pop and jazz singer who had her first hit record in 1938 with the Chick Webb Band's "A-Tisket, A-Tasket."

Male-Count Basie in 1958 who started out playing piano & organ for theater & vaudeville in the 1920s.

First patent holder

Thomas L. Jennings, 1821, for a dry-cleaning process.

Sarah E. Goode, 1885, became the first African-American woman to receive a patent, for a bed that folded up into a cabinet.

College graduate (B.A.)

Alexander Lucius Twilight, 1823, Middlebury College; first black woman to receive a B.A. degree: Mary Jane Patterson, 1862, Oberlin College.

Ph.D.

Edward A. Bouchet, 1876, received a Ph.D. from Yale University. In 1921, 3 individuals became the first U.S. black women to earn Ph.D.s: Georgiana Simpson, University of Chicago; Sadie Tanner Mossell Alexander, University of Pennsylvania; and Eva Beatrice Dykes, Radcliffe College.

Military Combat pilot

Georgia-born Eugene Jacques Bullard, 1917, denied entry into the U.S. Army Air Corps because of his race, served throughout World War I in the French Flying Corps. He received the Legion of Honor, France's highest honor, among many other decorations.

Governor

Douglas Wilder became the 1st African American to be

elected governor when Virginia voters chose him to lead their state in 1989. (In 1872, another African American, P. B. S. Pinchback, briefly served as governor of Louisiana after the sitting governor was impeached, but Pinchback was never elected to the post). A decorated hero of the Korean War (1950-1953), Wilder began his political career as Virginia state senator (1969-1985) & later served as Virginia's lieutenant governor (1985-1989) before being elected governor. His success as a Democrat in a largely white, Republican state stemmed from his position as a "healer" of racial strife, his moderate views on social policy, & his fiscal conservatism.

Secretary of state

► In 2001 General Colin Powell became the 1st African American secretary of state, when he was appointed to the post by President George W. Bush. Earlier in his distinguished career as a military leader, Powell became, in 1989, the 1st black officer to serve as chairman of the Joint Chiefs of Staff, the highest military post in the country. Appointed to that position by Bush's father, President George Herbert Walker Bush, Powell played a pivotal role in the Persian Gulf War of 1991. In the current US-led war on terrorism, Powell is performing strategic, diplomatic, & military objectives at the highest levels.

► First black female Secretary of State was Condoleezza Rice. She became President George W. Bush's second Secretary of State in January 2005-present. From 1989 to 1991 she advised the George H. W. Bush administration on foreign policy and military issues, including the unification of Germany and the breakup of the Soviet Union. She became National Security Advisor to the Bush presidency in 2001. She is also the author of several books on foreign policy.

Senator

The son of former slaves, Hiram Revels became the 1st African American to serve in the US Senate. Revels was elected in 1870 to fill the seat left vacant by--of all people--Jefferson Davis, the champion of slavery who had resigned from the Senate to become president of the Confederate States of America & to lead the South in the American Civil War (1861-1865). A former minister in the African Methodist Episcopal Church, he was 1 of the 1st in a long history of black "preacher-politicians."



Supreme Court justice

In 1967 civil rights lawyer Thurgood Marshall became the 1st African American justice on the Supreme Court of the US. One of the country's most influential & well-known lawyers, Marshall was a tireless advocate for the rights of minorities & the poor. Before his term as Supreme Court justice, Marshall was director of the legal defense fund for the National Association for the Advancement of Colored People (NAACP), & a lawyer whose victory in *Brown v. Board of Education* (1954) outlawed segregation in American public education. Although he was the 1st African American to serve in several powerful government positions, Marshall said he hesitated to take on the roles, not wanting to abandon his

friends in the civil rights movement. But, he said, "when one has the opportunity to serve the government, he should think twice before passing it up."

President of the United States

Senator Barack Obama was elected the 44th president of the United States on Nov. 4, 2008. The first black U.S. president. Obama moved to Chicago after college and worked extensively in the inner city to improve living conditions and reduce the unemployment rate in high-crime neighborhoods. This advocacy work led to run for the Illinois state senate where he served 4 years as a state senator. He used his position to create programs such as the state Earned Income Tax Credit that provided more than \$100 million in tax cuts to families over 3 years. He also generated an expansion in early childhood education and worked to pass legislation that requires all interrogations and confessions in capital cases to be videotaped. In 2004, he was elected to the U.S. Senate. He served on the Senate's Health, Education, Labor, and Pensions Committee; the Foreign Relations Committee; the Veteran's Affairs Committee; and the Environment and Public Works Committee.

The African American Odyssey

<http://memory.loc.gov/ammem/aaohhtml/exhibit/aointro.html>

"The exhibition *The African American Odyssey: A Quest for Full Citizenship*, showcases the incomparable African American collections of the Library of Congress.

Displaying more than 240 items, including books, government documents, manuscripts, maps, musical scores, plays, films, and recordings, this is the largest black history exhibit ever held at the Library, and the first

exhibition of any kind to feature presentations in all three of the Library's buildings."



The African American Mosaic

<http://www.loc.gov/exhibits/african/intro.html> "A Library of Congress Resource Guide for the Study of Black History & Culture."

The African American Journey

<http://www.pbs.org/wnet/aaworld/>

Black Military Heroes

<http://encarta.msn.com/encnet/features/Lists/?Article=BlackMilitaryHeroes>

African American Inventors

<http://encarta.msn.com/encnet/features/Lists/?Article=AfricanAmericanInventors>

Music: Get an overview of the influences & contributions of African Americans in the world of music.

Jazz:

<http://www.harlem.org/>

Spirituals:

<http://www.negrospirital.com/>

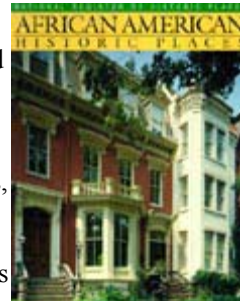
African American Historic Places

"The National Register of Historic Places is pleased to promote awareness of & appreciation for the historical

accomplishments of African Americans during African American History Month."

Book titled: *African American Historic Places*

(ISBN 0-471-14345-6) describes more than 800 properties in 42 States and 2 U.S. Territories listed in the National Register of Historic Places that have played a role in African American history. Banks, cemeteries, clubs, colleges, forts, homes, hospitals, schools, and shops are but a few of the types of properties explored in this volume, which is an invaluable reference guide for researchers, historians, preservationists, and anyone interested in African American culture. Also included are eight insightful essays on the African American experience, from migration to the role of women, from the Harlem Renaissance to the Civil Rights Movement. (Available from John Wiley & Sons at 1-800-225-5945)



<http://www.cr.nps.gov/nr/feature/afam/>

Ethnic Equality Month. Time to honor all peoples and their positive traditions; time to meditate on the equality of all peoples, on the respect due to them, and on God-Goddess manifesting as African, Asian, Oceanic, Middle Eastern, European, Hispanic, and Native American.

Carnevale: Venice, Italy. FEB 13-24, 2009. Glittering masks & tricorner hats are donned, rum-soaked dough balls are munched, & the canals are filled with decorated gondolas. There is ice skating rink at Campo San Polo & Piazza San Marco is filled with parades & performances. Carnevale dates back to the 13th century but it peaked in the 18th century –when the masks were supposed to encourage equality, but really ended up allowing the decadent aristocrats to reach even greater heights of depravity. It suffered under Napoleon, expired under Mussolini, & was revived in 1979. Today the pricey Grand Masked Ball is a reminder of the days when the nobility danced the quadrille, but the labyrinthine streets & canals are overflowing with all sorts of free fun.



<http://www.carnevale.venezia.it/>

<http://www.carnivalofvenice.com/area.asp?id=4>

Iroquois Mid-Winter Ceremony (JAN 30 – FEB 8):

Iroquois. Celebrated for continuation of all life-sustaining things; celebrated with tobacco offerings, confession of offenses, singing, drumming, dancing, name-giving, & dream-telling. Iroquois believe Awenhai/Sky Woman created the Sun, Moon, & Stars from Her body.

February 1

🌍 **Langston Hughes (1902–1967): African American.**

Writer. He emerged as a leader of the Harlem Renaissance in the 1920s & became the most influential African American writer of his time. His poetry, which drew on the traditional Black art forms of spirituals, blues, & jazz, won an especially wide audience, but Hughes also distinguished himself as a writer of fiction, drama, essays, & history.

🌍 **Thomas Lantos (born Lantos Tamás Péter) (1928–**

2008): Jewish American. Politician and statesman. The only Holocaust survivor ever to serve in the U.S. Congress, Lantos was born in Budapest, Hungary, & joined the resistance against the Nazis during the German occupation of Hungary in World War II. Placed in a Hungarian forced labor camp when he was a teenager, Lantos escaped to a safe house set up by the Swede Raoul Wallenberg. In 1947 he immigrated to the United States on an academic scholarship & attended the University of Washington and the University of California at Berkeley. From 1981 until his death he served in the U.S. House of Representatives as a Democrat representing California's 12th District, becoming chairman of the House Committee on Foreign Affairs in 2007. Initially a strong supporter of the Iraq War, Lantos became increasingly critical of the administration's conduct of the war. Throughout his career Lantos championed human rights issues worldwide, advocating for religious freedom in Saudi Arabia, supporting Tibetans' right to cultural and religious freedom, & protesting against the Sudanese genocide in Darfur.

🌍 **1st student sit-in protesting segregation** took place on this date in 1960 when 4 African-American college students in Greensboro, North Carolina used this non-violent technique at Woolworth's lunch counter & the movement spread throughout the South, eventually becoming the Student Nonviolent Coordinating Committee (SNCC).

🌍 **Feb 1, 1978:** 1st postage stamp to honor a black woman, Harriet Tubman, is issued in Washington, DC.

🌍 **Homstrom: Switzerland.** 1st Sunday in February A celebration of the end of winter. Observed by burning straw men which symbolizes the departing of Old Man Winter.

🌍 **St. Bridget's Day: Ireland.** Celebrates the arrival of spring in feminine form. Bridget is the female counterpart to St. Patrick. Before the coming of Christianity, she was the goddess Brigid, and was honored with the Celtic Festival Imbolc.

http://www.clarelibrary.ie/eolas/coclare/history/calendar_festivals.htm

🌍 **Imbolc begins at sundown : Pagan & Wiccan.**

February 2

🌍 **Groundhog Day: United States.**

🌍 **Treaty of Guadalupe Hidalgo (signed today in 1848): Mexico.** This treaty, which marked the end of the Mexican War, established U.S. sovereignty over 1,193,061 square

miles of formerly disputed or Mexican territory, including the present states of Texas, Arizona, California, & Utah, & parts of New Mexico, Colorado, & Wyoming.

🌍 **1807: US. Congress bans foreign slave trade.**

🌍 **Candlemas: Christian.** This religious holiday originated with the ancient Jewish custom that required mothers to present their 1st male child in the temple. As a Jewish mother, Mary would have presented Jesus on February 2. The day is associated with light & purification. The holiday takes its name from the custom of blessing the church's supply of candles for the year on this date.

<http://en.wikipedia.org/wiki/Candlemas>

🌍 **Imbolc: Pagan & Wiccan.** Imbolc, which like all Pagan & Wiccan holidays begins at sundown on the day before, is a celebration of fire and light & the return of life. It is also the holy day of St. Brigid, the Goddess of fire, healing, & fertility. Wicca is the common term for many different traditions of Neo-Pagan nature religions that celebrate seasonal & life cycles & reveres a Goddess & a God. Most Wiccans celebrate 8 seasonal sabbats (days of rest) 4 of which are considered major: Imbolc, Beltaine (May 1st), Lughnasadh (Aug 1), & Samhain (November 1). The minor sabbats correspond to the 4 solstices. Pagan & Wiccan traditions have a long history preceding that of any of the major Western religions. Originating as agricultural festivals going back for thousands of years, many sabbat practices were incorporated into Roman, Greek, & other traditions & also found their way into subsequent Western religions. Pagans & Wiccans are not anti-Christ or in opposition to any religion. Their beliefs and practices focus on the earth's seasons and the natural cycles of the world. As such, they are largely pacifist in nature. Their only "rule" is to "harm none". They stress reverence for nature; belief in ecological principles & that the divine is in everything as well as that there are multiple deities & many different pathways to the divine, & acceptance of reincarnation. The circle with 5 points, "the Pentacle" is the most common symbol used in Wicca. Its 5 points symbolize Air, Fire, Water, Earth & Spirit, in the circle of eternity. Wiccans are found primarily in Britain, U.S.A., Canada, Australia, Germany & Holland.

February 3

🌍 **Gertrude Stein (1874–1946): Lesbian.**

Author. An avant-garde American writer whose Paris home became a salon for the leading artists & writers of the period between World Wars I & II, she attended Radcliffe College, studying psychology with the philosopher William James. After further study at Johns Hopkins medical school, she went to Paris where she lived with her lifelong companion, Alice B. Toklas. Stein was among the 1st collectors of works by the Cubists & other experimental painters of the period, such as Pablo Picasso (who painted her portrait), Henri Matisse, & Georges Braque. These painters were introduced to expatriate American writers, such as Sherwood Anderson & Ernest Hemingway, &



other visitors drawn by her literary reputation. Her 1st published book, *Three Lives* (1909), the stories of 3 working-class women, has been called a minor masterpiece. Her only book to reach a wide public was *The Autobiography of Alice B. Toklas* (1933), actually Stein's own autobiography. The performance in the US of her *Four Saints in Three Acts* (1934), which the composer Virgil Thomson had made into an opera, led to a triumphal American lecture tour in 1934–35.

🇺🇸 **Elizabeth Blackwell (1821-1910): American.** 1st woman awarded a medical degree in U.S. (1849)— 1st female physician to practice medicine in U.S with a degree, abolitionist, woman's suffrage advocate.

http://en.wikipedia.org/wiki/Elizabeth_Blackwell

🇯🇵 **Setsubun (Bean Scattering Festival): Japan.** This festival expresses everyone's desire for good health & good fortune in the new year. At home, children throw beans at the "devil" & shout "out with the devil, in with good luck." <http://www.japan-guide.com/e/e2285.html>

🇲🇵 **Heroes' Day: Mozambique.** Public Holiday.

🇺🇸 **Ratification of 15th Amendment: US.** 1870, granting men the right to vote despite race, color or previous condition of servitude.

🇺🇸 **1956: US. Autherine Lucy** becomes first African-American student enrolled at the University of Alabama.

🇩🇰 **St. Anskar's Day.** Also known as Ansgar, Anschar, Anscharius, & Scharies is the Patron Saint of Denmark, Iceland, & Norway.

February 4

🇺🇸 **Rosa Louise McCauley Parks (1913–2005): African American.** Was a civil rights activist & seamstress whom the U.S. Congress dubbed the "Mother of the Modern-Day Civil Rights Movement". Parks is famous for her refusal on December 1, 1955 to obey bus driver James Blake's demand that she relinquish her seat to a white passenger. Her subsequent arrest & trial for this act of civil disobedience triggered the Montgomery Bus Boycott, one of the largest & most successful mass movements against racial segregation in history, & launched Martin Luther King, Jr., one of the organizers of the boycott, to the forefront of the civil rights movement. Her role in American history earned her an iconic status in American culture, & her actions have left an enduring legacy for civil rights movements around the world. http://en.wikipedia.org/wiki/Rosa_Parks
<http://montgomery.troy.edu/rosaparks/museum/>
<http://www.answers.com/topic/rosa-parks>



🇺🇸 **Betty Friedan (born Bettye Naomi Goldstein) (1921–2006): Jewish American.** Feminist, activist, and writer. A pioneer in the modern feminist movement, Betty Friedan ushered in the "Second Wave" of feminism with the publication in 1963 of her book, *The Feminine Mystique*, one of the most influential books of the twentieth century.

She chronicled the growing dissatisfaction of women as homemakers in postwar suburban America, identifying their discontent as "the problem that has no name." Friedan's work was one of the forces leading to the women's liberation movement of the late 1960s, a social upheaval reminiscent of the earlier turn-of-the-century campaigns for women's suffrage. A *summa cum laude* graduate of Smith College, Friedan was one of the founders of the National Organization for Women (NOW) in 1966, and served as its first president until 1970. In 1969 she was a founder of the National Association for the Repeal of Abortion Laws (NARAL), and in 1971 Friedan, along with Gloria Steinem, Bella Abzug, Shirley Chisholm, and others, founded the National Women's Political Caucus (NWPC) to increase women's participation in the political process.

<http://www.pbs.org/fmc/interviews/friedan.htm>

🇵🇭 **Outbreak of Philippine revolt against the United States (1899): Philippines.** During the Spanish American War the US encouraged the Philippine people to organize an army of resistance against Spanish rule. When the treaty ending the war transferred control from Spain to the US, the rebel leader Emilio Aguinaldo called for the people to declare their independence. On February 4, they rose in armed insurrection. An American force of 700,000 men succeeded in ending organized resistance by the end of the year. However, many influential Americans denounced the government's policies.

🇺🇸 **23rd Annual National Women & Girls in Sports Day.**

NGWSD began in 1987 as a day to remember Olympic volleyball player Flo Hyman for her athletic achievements & her work to assure equality for women's sports. It is celebrated in all 50 states with community-based events, award ceremonies, & activities honoring the achievements & encouraging participation of girls & women in sports. Your support of the day will go a long way to increase visibility for female athletes & advance their struggle for equality in sports. <http://www.aahperd.org/ngwsdcentral/>

🇵🇹 **St. John de Brito's Day.** Patron of Portugal.

<http://saints.sqpn.com/saintj56.htm>

🌐 **World Cancer Day.** An annual event organized by the International Union Against Cancer (UICC).

<http://www.worldcancercampaign.org/>

February 5

🇲🇽 **Constitution Day: Mexico.** On this day in 1917 Mexico adopted its 1st constitution.

🇫🇮 **Runebergin päivä (Runeberg's Day): Finland.**

Celebrates the birthday of the Finnish poet Johan Ludvig Runeberg (b.1804). Popular legend tells that J. L. Runeberg's wife, Fredrika created the tart that are nowadays nationally known as Runeberg's muffins which are eaten from the end of January until February 5th. A recipe can be found at: http://www.axis-of-aevil.net/archives/2005/02/bullets_of_butt.html

🇺🇸 **Harvard University Semitic Museum,** the 1st of it's type in American, was formally opened today in 1903.

Founded by a donation from Jacob Henry Schiff, it included Syrian, Arabic & Hebrew manuscripts.

February 6

📺 **Bob Marley (1945–1981): Jamaican.** Musician.

Marley was the most influential star of reggae, a Jamaican form of popular music that draws on Afro-Caribbean dance & American soul music & was one of the 1st musical idioms from the Third World to become popular in Europe & the US. Reggae is associated with Rastafarianism, a faith founded by Marcus Garvey, whose adherents see the late Emperor Haile Selassie of Ethiopia as a divine figure & themselves as black Hebrews exiled in the Babylon of western colonial capitalism. Marley's intense, compelling presence & the stirring messages of his songs brought him the acclaim of international audiences & influenced singers & songwriters throughout the Western Hemisphere, Europe, & Africa.



📺 **Waitangi Day: New Zealand.** This commemorates the signing of the Treaty of Waitangi in 1840 between the indigenous Maoris of New Zealand & the European colonists, providing for British sovereignty in exchange for guaranteed possession by the Maoris of their lands.

📺 **Young Women's Hebrew Association** was organized today in 1902 in New York City.

📺 **Winterlude: Ottawa – Gatineau.** Weekends Feb 6-22, 2009; the continent's largest winter festival, including a 4-mile-long skating "rink" on the Rideau Canal.

http://winterlude.ca/bins/ncc_web_content_page.asp?cid=16297-16298-22877&lang=1&bhcp=1

📺 **1867: US. Robert Tanner Jackson** becomes first African American to receive a degree in dentistry.

February 7

📺 **Eubie [James Hubert] Blake (1883-1983): African-American.** Composer, pianist, Medal of Freedom recipient ["*Affectionate Dan*"].

http://en.wikipedia.org/wiki/Eubie_Blake

📺 **Charles Dickens (1812-1870): English.** Social critic & novelist, he refused a political career saying his novels did society more good [*Oliver Twist*, *A Tale of Two Cities*].

<http://www.kirjasto.sci.fi/dickens.htm>

📺 **Sinclair Lewis (1885-1951): American.** Social critic, novelist, winner of the Nobel Peace Prize for Literature [*Elmer Gantry*, *Babbitt*, *Main Street*].

<http://www.kirjasto.sci.fi/slewis.htm>

📺 **FEB 7-8, 2009: Phoenix, Arizona. 19th World Championship Hoop Dance Contest.** Location: Heard Museum. Contact: 602-252-8840, website:

www.heard.org, email: dbegay@heard.org

📺 **FEB 7-8, 2009: Stockton, California. Seventh Benefit Pow Wow.** Location: University of the Pacific Gym. Contact: 209-933-7425 ext. 8069, email:

dfleming@stockton.k12.ca.us

February 8

📺 **Martin Buber (1878–1965): Jewish Austrian.**

Theologian. He developed a theology of Jewish existentialism that emphasized a strong personal relationship between God & the individual. His most famous work is *I and Thou*.

http://en.wikipedia.org/wiki/Martin_Buber

📺 **Constitution Day: Philippines.** This holiday commemorates the adoption of the Constitution of the Philippines in 1935.

📺 **Dawes General Allotment Act (1887): United States.** This law dissolved American Indian tribes as legal entities & divided formerly tribal lands among individual property owners. http://en.wikipedia.org/wiki/Dawes_Act

📺 **Prešernov dan, slovenski kulturni praznik (Culture Day): Slovenia.** The 8th day in February is the day to be "prešeren" (merry), this is the day Slovenia celebrates Culture Day in memory of its greatest poet, France Prešeren, & his far-reaching contribution to Slovenian culture. <http://slonews.sta.si/index.php?id=1892&s=72>

📺 **Ha-Ri-Ku-Yo a/k/a Needle Mass: Japan.** Mass for Broken Needles, day of rest for needles; young women gather old & broken needles to dedicate them to the protecting deity, Awashima Myozin; no needlework is done; participation leads to a happy marriage.

📺 **From Feb. 8 through 14, the annual National Salute to Hospitalized Veterans will be observed at VA medical centers throughout the country.** The week of February 14 each year is our opportunity to say thank you to a special group of women & men, the more than 98,000 veterans of the U.S. armed services who are cared for every day in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries, & nursing homes.

For more info please see page 24.

📺 **T'u B'Shvat begins at sundown: Jewish.**

February 9

📺 **Alice Walker (1944-): African American.** Author & feminist who received the Pulitzer Prize for Fiction in 1983 for *The Color Purple*.

http://en.wikipedia.org/wiki/Alice_Walker

📺 **Lantern Festival (Yuan-hsiao): China.** This celebrates the end of the New Year season. In the Republic of China people make elaborate lanterns to hang in the temples & hold contests to choose the most beautiful one. They also write riddles on the lanterns & compete to solve them. In the People's Republic of China the lanterns are hung in public parks.

📺 **Taeboorum (tay-bore-oom): South Korea.** Taeboorum is the day of the 1st full moon of the Korean lunar year, marking the end of the traditional New Year's holiday season & the beginning of the agricultural cycle. The holiday is celebrated with a folk festival, *Jishin Balpgi*, when people bang loudly on drums & gongs to drive away the evil spirits of the old year & to usher in peace, health, & prosperity for the coming year. In the evening, everyone gathers at the center of the village to revel under the 1st full moon.

Recognizing the Festival/Holiday: Nuts of various kinds, particularly peanuts, walnuts, & pine nuts, can be given as a gift. According to a traditional custom, upon arising early in the morning, people must eat as many nuts as their age.

🌐**1964: US. Arthur Ashe, Jr.** becomes first African American on U.S. Davis Cup team.

🌐**1995: US. Bernard Harris** becomes first African-American astronaut to walk in space

🌐**St. Maroon's Day: Lebanon.** Public holiday.

🌐**T'u B'Shvat (two-bish-vat) (New Year of the Trees): Jewish.** Although a minor Jewish holiday, New Year of the Trees is widely celebrated—especially with a focus on children—as a time to renew the land & to plant trees.

Recognizing the Festival/Holiday: It is a custom to honor a person by having a tree planted in Israel in his or her name. One of many Web sites for information about this custom is <http://www.treesfortheholylnd.com/>.

<http://www.chabad.org/library/article.asp?AID=3264>

🌐**Navajo Sing: FEB 9-17, 2009.** Festival in preparation for the coming agricultural season; celebrated with prayer, chanting, dancing, and healing. Navajos believe Naste Etsan/Spider Woman helped twin brothers Naymezyani and Tobadzistsini defeat the powers of evil.

February 10

🌐**Boris Pasternak (1890-1960): Russian.** Poet, novelist, author [*Dr. Zhivago*].

http://en.wikipedia.org/wiki/Boris_Pasternak

🌐**Ronald H. Brown** became the 1st African-American to chair a major political party (Democrats) today in 1989.

🌐**Feast of St. Paul's Shipwreck: Malta.** On his return from the Holy Land in AD60, Saint Paul was shipwrecked on the island of Malta, as recorded in the Acts of the Apostles (unsupported by conclusive historic evidence, but do not repeat this out loud on the island!). Saint Paul is the Patron Saint of Malta & the anniversary of the shipwreck is now a public holiday, celebrated with church services.

The day is a public holiday throughout the islands.

http://www.whatsonwhen.com/sisp/index.htm?fx=event_detail&event_id=159570

🌐**Butter Sculpture Festival: Tibet.** Also known as the Butter Lamp Festival, this holiday is celebrated on the evening of the 15th day of the 1st month of the Tibetan lunar year. It is part of *Monlam Chenmo*, the Great Prayer Festival of Tibetan Buddhism held after the New Year. People make pilgrimages to the monastery in Kumbum to witness a spectacular display of sculptures, all hand-sculpted from yak butter by the monks & painted in vibrant colors, depicting Buddhist deities, events from the stories of Sakyamuni's previous births, & various events in Tibetan folklore and religious history. These exquisite butter sculptures, some of which are 30 feet high, are illuminated on this special night by hundreds of butter lamps. As ephemeral as they are beautiful, all of the sculptures will be destroyed by the monks before dawn, a reminder of the Buddhist belief in the impermanence of all things.

February 11

🌐**Lydia Maria Child (1802-1880): American.**

Abolitionist, journalist/publisher, author [*Over the River and Through the Woods, Brief History of the Condition of Women in Various Ages and Nations*].

http://en.wikipedia.org/wiki/Lydia_Child

🌐**Kenkoku kinen no hi (National Foundation Day):**

Japan. This holiday celebrates the ascension to the throne of the 1st Japanese Emperor, Jimmu, & the founding of the Japanese nation in 660 B.C.E.

http://en.wikipedia.org/wiki/National_Foundation_Day

🌐**Youth Day: Cameroon.**

🌐**Independence Day: Vatican City.** On this day 3 treaties were signed with Italy, which, among other things, recognized the full sovereignty of the Vatican & established its territorial extent.

http://en.wikipedia.org/wiki/Vatican_City

<http://www.infoplease.com/ipa/A0108136.html>

🌐**Anthesteria (Feast of Flowers) Ancient Greece.**

Anthesteria, one of the 4 Athenian festivals in honor of Dionysus, held annually for 3 days (11th-13th) in the month of Anthesterion (February-March). The object of the festival was to celebrate the maturing of the wine stored at the previous vintage, & the beginning of spring.

<http://en.wikipedia.org/wiki/Anthesteria>

🌐**1990: US. Nelson Mandela** is released after 27 years in prison.

February 12

🌐**Tadeusz (Thaddeus) Kosciuszko (1746–1817): Polish.**

Soldier & statesman. As a colonel in the Continental Army during the American Revolution, Kosciuszko planned the fortifications that helped defeat the British at the battle of Saratoga. For his service to the cause of American independence, Congress awarded him American citizenship. After returning to Poland in 1784 & becoming a major general in the Polish army in 1789, Kosciuszko emerged as a military & political leader, pressing for democratic reforms in Polish government & society & leading Polish forces against Russian armies sent to suppress the Polish movement for independence in 1791 and again in 1794. After his final defeat in 1794, he spent the rest of his life in exile.

<http://www.polskiinternet.com/english/info/thadeuskosciuszko.html>

🌐**Abraham Lincoln's Birthday: US.** This day commemorates the birth of Abraham Lincoln (1809–1865), 16th US President, who changed the course of history by preserving the American Union during the Civil War, thereby preserving American democracy. In the process of saving the Union, Lincoln issued the historic Emancipation Proclamation, which paved the way for the 13th Amendment to the U.S. Constitution abolishing slavery in the United States. His plan to give African-Americans the vote was cut short by his assassination in 1865. Lincoln's eloquence & conviction are reflected in such historic speeches as the Gettysburg Address, given at



the site of the Battle of Gettysburg in Pennsylvania during the Civil War, when he declared that "this nation, under God, shall have a new birth of freedom—and that government of the people, by the people, for the people, shall not perish from the earth." On this day, wreath-laying ceremonies are held at the Abraham Lincoln Birthplace National Historic Site in Hodgenville, Kentucky, at the Lincoln Memorial in Washington, D.C., and at Lincoln's tomb in Springfield, Illinois.

<http://www.whitehouse.gov/history/presidents/al16.html>

🗓️**1990: US. Judge Allyson K. Duncan** becomes first African-American woman appointed to N.C. appellate court.

🗓️**National Association for the Advancement of Colored People (NAACP)**, an interracial group formed to fight all forms of racial discrimination, holds its 1st national conference on this date in 1909.

🗓️**Pyidaungzu nei (Union Day): Myanmar.** Anniversary of the Panglong Agreement in 1947.

<http://www.myanmar-embassy-tokyo.net/>

February 13

🗓️**The Negro National League is formed in 1920.** One of the several Negro Leagues which were established during the period in the US in which organized baseball was segregated.

🗓️**Carnevale: Venice, Italy. FEB 13th -FEB 24th, 2009.**

The word carnevale comes from the Latin for "Farewell, meat!". As Lent (which begins on Ash Wednesday) obliged people to fast, during the period up to Ash Wednesday all meat, butter & eggs had to be used up. This religious formality became the excuse for a party that echoed pagan festivities. In late Rome Saturnalia and [Lupercalia](#) were moments when licentiousness & wantonry were celebrated - a deliberate upturning of the usual social order. Christianity licensed a comparable period of celebration from Twelfth



Night until the midnight of Shrove Tuesday. Popes Clement IX & XI & Benedict XIII were among those who tried hardest to bring Carnival back within proper religious limits, but they didn't have much influence over Venice.

<http://www.carnevale.venezia.it/>

<http://www.carnivalofvenice.com/area.asp?id=4>

<http://www.visitvenice.co.uk/venice-carnival.html>

<http://www.carnival-of-venice.net/>

<http://www.venice-carnival.com/>

🗓️**1970: US. Joseph L. Searles** becomes first African-American member of the New York Stock Exchange.

🗓️**FEB 13-15, 2009: Warm Springs, Oregon. 33rd Lincoln's Simnasho Pow Wow.** Location: Warm Spring

Indian Reservation. Contact: 541-553-9230 after 6pm, website: www.wstribes.org, email: tbebay@wstribes.org

February 14

🗓️**Richard Allen (1760–1831): African American.** Minister. In 1787 Allen founded the African Methodist Episcopal Church to give African Americans the opportunity to worship in a setting free of racial discrimination. His Bethel Church in Philadelphia became a focal point of organized protest by African Americans against slavery and racial discrimination in the North.



<http://www.pbs.org/wgbh/aia/part3/3p97.html>

🗓️**Frederick Douglass (1817–1895): African American.** Writer, lecturer, editor, & civil rights activist. Born a slave, Frederick Augustus Bailey escaped at the age of 21, changed his name, & became a renowned campaigner for the abolition of slavery. After publishing his autobiography in 1845, he made a lecture tour of England, where friends raised money to buy his freedom. Upon his return he founded a newspaper, the *North Star*. During the Civil War he urged President Lincoln to free the slaves & arm African Americans. After the war he held a variety of federal offices, including that of Minister to Haiti.

🗓️**Masao Satow (1908–1977): Japanese American.** Civic leader. Born in California to Japanese American parents, Satow joined the Japanese American Citizens League, an emerging national organization for persons of Japanese ancestry born in the US, in 1932. He became its national secretary in 1947, when the organization had only 2 chapters, both on the West Coast, & 3,100 members. At the end of his 25 years of leadership, the organization had 94 chapters across the nation & 27,000 members.

🗓️**Mary Ann "Aunt Mary" Prout (1801-1884): African-American.** Social activist, humanitarian, educator, founded a day school in 1830 and the Independent Order of St. Luke, a secret society created to help blacks with medical and burial costs.

http://books.google.com/books?id=jibjFgTYKKcC&pg=RA1-PA14&lpg=RA1-PA14&dq=Mary+Ann+%22Aunt+Mary%22+Prout+&source=web&ots=miOe1Wroap&sig=b2JUilqcz25_WFemh05t3EhlUXA

🗓️**V-Day.** V-Day's mission is simple. It demands that the violence must end. It proclaims Valentine's Day as V-Day until the violence stops. When all women live in safety, no longer fearing violence or the threat of violence, then V-Day will be known as Victory Over Violence Day. It is a global movement to stop violence against women & girls. V-Day is a catalyst that promotes creative events to increase awareness, raise money & revitalize the spirit of existing anti-violence organizations. V-Day generates broader attention for the fight to stop violence against women & girls, including rape, battery, incest, female genital mutilation (FGM) & sexual slavery.

<http://www.vday.org/contents>

🗓️**League of Women Voters** was established by the National American Woman's Suffrage Association in 1920.

<http://en.wikipedia.org/wiki/Geronimo>
<http://www.indians.org/welker/geronimo.htm>
<http://odur.let.rug.nl/~usa/B/geronimo/geronixx.htm>

📌 **Randy Shilts (1952–1994): gay American.** Author & journalist. The national correspondent for the *San Francisco Chronicle*, he was one of the 1st openly gay journalists hired at a major newspaper. His best-selling books include *The Mayor of Castro Street: The Life and Times of Harvey Milk* (1982), *And the Band Played On: Politics, People and the AIDS Epidemic* (1987), & *Conduct Unbecoming: Lesbians and Gays in the U.S. Military* (1993). *And the Band Played On* was made into a docudrama that was broadcast on HBO on September 11, 1993. *Band* has been translated into 7 languages & released in 16 nations. *Conduct Unbecoming* won numerous awards, earning Shilts the designation of Author of the Year in 1988 from the American Society of Journalists & Authors. This is the date of his death from AIDS. http://en.wikipedia.org/wiki/Randy_Shilts

📌 **Quirinalia: Ancient Rome.** Refers to the Festival of *Quirinus*, a mysterious god of Ancient Rome.

<http://www.novaroma.org/nr/Quirinus>
<http://www.ancient-rome.com/festivals.htm>

📌 **Fornacalia: Old Roman Bread festival.**

http://www.phases.org/index.cfm?doc=detail&id_content=55

📌 **Declaration of Independence: Republic of Kosovo.**

February 18

📌 **Toni Morrison (February 18, 1931-): African American.**

One of the most prominent authors in world literature, having won the Nobel Prize in Literature in 1993 for her collected works and for being the 1st African-American to win the Nobel Prize for Literature. Several of her novels have taken their place in the canon of American literature, including *The Bluest Eye*, *Beloved* (winner of the Pulitzer Prize for Fiction), & *Song of Solomon*.



Morrison's writings are notable for their epic themes, vivid dialogue, & richly detailed African American characters.

In recent years, Morrison has published a number of children's books with her son, Slade Morrison.

http://en.wikipedia.org/wiki/Toni_Morrison
http://voices.cla.umn.edu/vg/Bios/entries/morrison_toni.html

📌 **Sholom Aleichem (born Solomon Rabinowitz) (1854–1916): Jewish Russian American.** Writer. Born in Ukraine, Rabinowitz began writing in Yiddish in 1883, using as his pseudonym the Yiddish greeting "Peace be upon you." His best known works are his stories of Jewish life in the villages of Eastern Europe. Along with I. Peretz & Mende Sforim, he is considered one of the founders of modern Yiddish literature.

📌 **Audre Geraldine Lorde (1934–1992): African-American Lesbian.** Poet & essayist. Audre Lorde was a Black lesbian who fought for justice through both her writings & her political activities. She held a number of teaching positions and toured internationally as a lecturer,

forming coalitions between Afro-German & Afro-Dutch women, founding a sisterhood in South Africa, starting the Women of Color Press, and establishing the St. Croix Women's Coalition. Her poetry collections include *From a Land Where Other People Live* (1973), *The Black Unicorn* (1978), *Our Dead Behind Us* (1986), & *The Marvelous Arithmetics of Distance* (1993). She won the American Book Award in 1989 for *A Burst of Light* & was appointed New York State's Poet Laureate by then Governor Mario Cuomo in 1991. Lorde chronicled her 14-year battle against breast cancer in works such as *The Cancer Journals*, before finally succumbing to the disease in 1992.
http://www.britanica.com/women/articles/Lorde_Audre_Geraldine.html
http://www.english.uiuc.edu/maps/poets/g_l/lorde/lorde.htm
<http://www.answers.com/topic/audre-lorde>

📌 **Luis Muñoz Marín (1898–1980): Puerto Rico.** Political leader. Elected Puerto Rico's 1st governor in 1948, Muñoz Marín served in that office until 1964, instituting programs of economic development & social reform. He also proposed a plan for maintaining Puerto Rico's union with the US while establishing the island as a self-governing unit exempt from U.S. taxes. This proposal became the basis for the Commonwealth of Puerto Rico, created by an act of Congress & proclaimed in 1952.

📌 **Chief Leschi Day: Native American.** Was chief of the Nisqually tribe. This is the anniversary of his death.

<http://www.washingtonhistoryonline.org/leschi/>
http://forejustice.org/wc/chief_leschi/chief_leschi.htm

📌 **1688: US. Quakers file first formal protest against slavery.**

February 19

📌 **Nicolaus Copernicus (1473-1543): Polish.** Astronomer, founder of modern astronomy.

http://en.wikipedia.org/wiki/Nicolaus_Copernicus

📌 **Beginning of Japanese internment (1942): United States.** On this date President Franklin D. Roosevelt issued an executive order requiring the removal of most persons of Japanese ancestry from the West Coast to internment camps in rural Arizona, Colorado, Arkansas, California, Idaho, Utah, & Wyoming. This act, a response to anti-Japanese feeling in the country after the attack on Pearl Harbor in December 1941, uprooted 120,000 people, including 71,000 U.S. citizens.

February 20

📌 **In New York City the Metropolitan Museum of Art opens in 1872.**

📌 **Hadaka Matsuri (Naked Festival): Japan (Okayama & Aichi).** Celebrated the 3rd Saturday of FEB. Stoical loincloth-clad men jockey with each other to ensure good luck for the year ahead.

📌 **1934: US. *Four Saints in Three Acts*, by Virgil Thompson & Gertrude Stein, first African- American-performed opera on Broadway.**


📌 **FEB 20-21, 2009: Flagstaff, Arizona. 29th Annual Flagstaff H.S. Native American Club Pow Wow.**


Location: Flagstaff High School Dome. Contact: Jason Curley 928-221-4851 or email: curley.jason@hotmail.com


February 21

Barbara Jordan (1936–1996): African American.

Lawyer, politician, teacher. Born in Houston, Texas, Jordan graduated *magna cum laude* from Texas Southern University & Boston University Law School. In 1966, she was the 1st Black woman to be elected to the Texas State Senate. She later became the 1st woman & 1st African American elected to Congress from Texas.

 **First publication of the *Cherokee Phoenix* (1828): American Indian.** In 1828 a system of symbols developed by Sequoyah to give written form to the Cherokee language made possible the publication of the *Cherokee Phoenix*, the 1st newspaper printed in an Indian language.

 **Martyrs' Day (Shaheed Dibash): Bangladesh.** Also known as Language Martyrs' Day or National Mourning Day, this commemorates the lives sacrificed in the effort to make Bengali (or Bangla) one of the national languages when Bangladesh was part of Pakistan. At the time, the West Pakistani regime was trying to force Urdu as the national language. On this day in 1952 a procession by Bengalis in Dhaka was shot at by police, resulting in the death of four martyrs. The nascent Bengali nationalism ultimately led to the creation of the nation of Bangladesh. This day was declared International Mother Language Day by Bangladesh and UNESCO on November 17, 1999.


 **Carnival of Oruro: Bolivia. FEB 21-22, 2009.** The Carnival lasts for 10 days each year before Lent in the Andes mountains of western Bolivia. Featuring music, dance and crafts, it is highlighted by a ceremonial parade lasting 20 hours, covering 4 kilometres and involving 20,000 dancers and 10,000 musicians. The carnival reinforces the cultural identity of the community, and attracts more than 400,000 people.

<http://www.orurocarnaval.com/>


<http://www.orurocarnaval.com/orurocarnaval1/>

<http://www.boliviahostels.com/travelguide/CarnivalOruro.html>

 **6th Annual Little Italy Carnevale: San Diego, CA.** The Little Italy Association is proud to bring a little taste of Italy to San Diego. Come and celebrate a fabulous, fun-filled event of Venetian mask, several vignettes of entertainment and shops & restaurants open house. This event will be held throughout Little Italy from 5:00p.m. - 10:00p.m.

 **International Mother Language Day: United Nations.** This day was proclaimed by UNESCO on November 17, 1999 to promote linguistic and cultural diversity and to celebrate the nearly six thousand languages spoken in the world today. It is observed on February 21 in international recognition of Language Martyrs' Day in Bangladesh.

February 22

 **Santiago Iglesias (1872–1939): Spanish Puerto Rican.** Labor organizer & political leader. Iglesias 1st became involved in activities demanding civil rights for workers as

a 12-year-old apprentice carpenter in his native Spain. Immigrating to Cuba 3 years later, he continued to organize laborers to demand better working conditions 1st there & then in Puerto Rico, where he rose to leadership of the Federación Libre de Trabajadores de Puerto Rico. He was the organization's president from 1900 to 1935. An active Socialist, he eventually entered electoral politics, serving in the Puerto Rican senate from 1917 to 1933 & as Puerto Rico's representative to the U.S. Congress from 1933 until his death.


<http://www.lasculturas.com/aa/bio/bioSantiagoIglesias.htm>

Zitkala-Sa (Gertrude Bonnin) (1876–1938):


American Indian (Sioux). Writer & Indian activist. Born in South Dakota to a full-blooded Sioux mother & a white father, Zitkala-Sa became an eloquent writer of essays & memoirs & a leader in the movement to advance the civic, educational, & economic opportunities of American Indians while recognizing and preserving American Indian cultures. As secretary of the Society of American Indians & then president of the National Council of American Indians, she lectured, wrote, & lobbied on behalf of Indian legislation, & was instrumental in the passage of the Indian Citizenship Bill of 1924.




http://college.hmco.com/english/lauter/heath/4e/students/author_pages/late_nineteenth/bonninzitkalasasioux_ge.html


 **Edna St. Vincent Millay (1892–1950): American.** 1st woman to receive Pulitzer Prize for Poetry (1923).

http://en.wikipedia.org/wiki/Edna_St._Vincent_Millay

 **George Washington (1732–1799): American.** 1st president of the United States of America. Celebrated for the 1st time in the late 18th century when George Washington was still president, Washington's Birthday became an official federal holiday in 1885.

<http://www.whitehouse.gov/about/presidents/georgewashington/>

 **People Power Day: Philippines.** This commemorates the overthrow of Ferdinand Marcos, who ruled the Philippines as a dictatorship from 1972 to 1986, by the democracy movement. This holiday is commonly celebrated from February 22 to February 25. It was on February 25 that Ferdinand Marcos left the Philippines & Corazon Aquino was recognized by the US as president.

 **Carnival in Binche: Belgium. FEB 22-24, 2009** One of Europe's oldest, is held during the 3 days leading up to lent & culminates in a parade where hundreds of blood oranges are thrown into the crowd. This colorful event is now on UNESCO Heritage list.

<http://www.carnavaldebinche.be/>

<http://www.visitbelgium.com/mediaroom/BincheCarnival.htm>

 **1989: US. Col. Frederick Gregory** was the first African American to command a space shuttle mission.

February 23

Claude Brown (1937–2003): African American.

Writer. He is best known for his book, "Manchild in the Promised Land" which became not only a best seller, but also a classical account of the migration of African

Americans from the rural south to large urban areas such as New York City. The book paralleled Mr. Brown's life on the streets of Harlem. He later finished high school & graduated from Howard University, where his talent for authentic narrative was 1st discovered & he was encouraged to write the book that would make him famous. http://en.wikipedia.org/wiki/Claude_Brown

W[illiam] E[dward] B[urkhardt] Du Bois (1868–1963): African American. Writer & civil rights activist. Scholar, writer, & editor, he was the most important leader of the effort to secure basic civil & human rights for African Americans in the 1st half of the 20th century. Trained in sociology, history, & philosophy, he wrote a number of scholarly works about the social conditions of Blacks in America. The most famous of these, *The Souls of Black Folk*, was especially influential; it attacked Booker T. Washington's strategy of accommodation & urged a more activist approach to improving the conditions of Black Americans. He founded the Niagara Movement, an organization of Black intellectuals working for civil rights, in 1905, & in 1909 helped to found the National Association for the Advancement of Colored People. He edited the NAACP magazine *The Crisis* until 1934, when he resigned to devote his time to teaching & writing.

Casimir Funk (1884–1967): Jewish Polish American. Scientist. Funk discovered vitamins as well as making contributions to understanding sex hormones, hormone-vitamin balance, & cancer treatment. His work stimulated public interest in diseases caused by vitamin deficiencies.

George Fredrick Handel (1685–1759): German. Baroque composer, wrote *Messiah* in 1742. <http://w3.rz-berlin.mpg.de/cmp/handel.html>

Day of the Defenders: Russia. Public holiday. Honors those who are presently serving in the Armed Forces & those who have served in the past. During the era of the Soviet Union, it was called Defender of the Motherland Day or the Day of the Soviet Army & Navy.

Bun Day (Shrove Monday): Iceland. Icelanders celebrate the Monday before Lent by feasting on cream buns. These delicacies are filled with jam & whipped cream, & often iced with melted chocolate. On Bun Day, children wake up early & try to catch their parents still in bed. If they do, they “strike” their parents with colorful handmade “bun wands,” or *bolludagsvöndur*, which are decorated with strips of paper & gleaming ribbon. Parents must then give their children one cream bun for every “blow” received. This custom is thought to have derived from the acts of penance performed during Lent, evolving over time into a lighthearted children's game. *Bolla*, which means “bun,” also refers to other round foods eaten on this day, such as meatballs or fishballs (*fiskibollar*).

1811: US. Rev. Daniel A. Payne becomes first African American to become a college president

Shrove Monday: Christian. Christians in some countries customarily make treats to use up butter and eggs before the 40-day fast of Lent.

Great Lent begins: Coptic Orthodox Christian. Also known as the Great Fast, this begins the Lenten season for

the Coptic Orthodox Christians, who follow the Julian calendar. It begins with a one-week preparatory fast, followed by a 40-day fast commemorating Christ's fasting on the mountain. The fast of Great Lent, which includes Sundays, officially ends on the Saturday before Holy Week, known as Lazarus Saturday, although fasting continues during Holy Week (*Pascha*). During this time, no animal products, such as meat, poultry, fish, milk, eggs, or butter, are allowed. Moreover, no food or drink may be taken between sunrise and sunset.

Recognizing the Festival/Holiday: Before inviting someone to lunch or hosting a meal, check to see whether invitee is observing the fast for this period.

Maha Shivaratri (Shiva's Night): Hindu. This festival honors Shiva who, along with Vishnu and Krishna, is one of the most important deities in Hinduism. It is observed in the spring and is celebrated with fasting, prayer, and meditation.

February 24

Flag Day: Mexico. Public holiday.

1st magazine in a Native American language, the *Siwinowe Kesibwi* ("The Shawnee Sun") was published on this date in 1835.

Iseseisvuspäev (Independence Day): Estonia. This is by law the most important holiday, commemorating the declaration of independence in 1918.

Mardi Gras: US (AKA-Fat Tuesday). A boisterous celebration held annually on Shrove Tuesday, the day before the season of Lent begins in the Western Christian liturgical calendar. The actual date varies from year to year since it depends on the date of Easter.

Mardi Gras, or Fat Tuesday, is the final day of Carnival, which begins on the Feast of the Epiphany, Jan. 6. Also known as Kings' Day or Twelfth Night, Jan. 6 celebrates the arrival of the three kings at Jesus' birthplace, thus ending the Christmas season and in

New Orleans, simultaneously starting Carnival. This festival of fun finds its roots in various pagan celebrations of spring, dating back 5,000 years. But it was Pope Gregory XIII who made it a Christian holiday when, in 1582, he put it on his Gregorian calendar (the 12-month one we still use today). He placed Mardi Gras on the day before Ash Wednesday, the 1st day of Lent. That way, all the debauchery would be finished when it came time to fast & pray. Much of the 1st part of the Carnival season is invitation-only coronation balls & supper dances hosted by private clubs known as krewes. The public portion comes to life a couple of weeks before Mardi Gras when the krewes hit the streets, staging more than 70 parades in




metropolitan New Orleans Mardi Gras arrived in North America with the LeMoynes brothers, Iberville and Bienville, in the late 17th century, when King Louis XIV sent the pair to defend France's claim on the territory of Louisiana.

<http://www.mardigras.com/>


<http://www.satchmo.com/nolavl/mardigras.html>

Bursting Day (Shrove Tuesday):


Iceland. Traditionally the last day that people could eat meat before Lent, this is a day when Icelanders celebrate by eating *saltkjöt og baunir*, or salted meat & split pea soup, to the point of bursting.


 **Shrove Tuesday (Mardi Gras): Christian.** Shrove Tuesday—Mardi Gras or Fat Tuesday in French—marks the final midwinter fling before Ash Wednesday, the 1st day of the Lenten fast. Traditionally, believers confessed & were absolved (shrived) of their sins before the fast, then they consumed the last of luxuries such as dairy foods & meat. In England & France people now use milk & eggs to make the traditional pancakes. In Finland, the Shrove Tuesday specialty is a bun filled with almond paste & whipped cream. In many Roman Catholic countries Shrove Tuesday is the culminating day of Carnival—a word deriving from the Latin words *carne vale*, "farewell to meat." Carnival parades & balls with masked dancers & costumed figures from popular myth are the annual highlight in Rio de Janeiro, Brazil, Venice, Italy, & New Orleans in the United States as well as many other Mediterranean, South American & Caribbean cities. English pancakes are also a popular dish.

<http://www.eastjeffersonparish.com/culture/MARDIGRA/HISTORY/history.htm>

 **Iroquois Maple Ceremony: FEB 24-27, 2009.** In thanksgiving for the Maple tree & its sugar. Iroquois believe Awenhai/Sky Woman bore the twin brothers Tahonhiawakon/Order and Tawiskaron/Chaos.

February 25


 **Enrico Caruso (1873–1931): Italian American.** Opera singer. The most acclaimed operatic tenor of his time, Caruso was also the 1st great singer whose voice is preserved in recordings.


 **Haing Ngor (1951–1996): Cambodian American.** Physician, actor. Haing Ngor arrived in the US after escaping imprisonment by the Khmer Rouge following the 1975 takeover of Cambodia by that party, & endured 4 years of torture & starvation. He had to conceal his medical training to escape, which he did after a Vietnamese invasion ousted the Khmer Rouge. He immigrated to the US in 1980 to resume his medical practice. In 1984, Ngor won the Academy Award for best supporting actor for his portrayal of Dith Pran in the movie *The Killing Fields*. Ngor was the 1st nonprofessional to win an Oscar for acting since Harold Russell in 1946 for *The Best Years of Our Lives*. He was shot to death outside his home on this date. He was 45 years old.




<http://www.haingngorfoundation.org/>


<http://www.answers.com/topic/haing-s-ngor>

 **José de San Martín (1778–1850): Argentina.** Soldier & statesman. With Simón Bolívar, San Martín led the movement of Spain's South American colonies to win their freedom from Spain. In 1811 he resigned from the Spanish army to organize the armed resistance to Spanish rule in the land of his birth, modern-day Argentina. He raised an army there & led it over the Andes to Chile, taking Santiago in 1817, & then organized a Chilean navy to transport the rebel army to Lima. There he proclaimed the establishment of a new country on July 28, 1821. Although he was made leader of the new nation, he came into political conflict with Bolívar and retired to France.

 **National Day: Kuwait.** Also observed on February 26, this 2-day holiday marks the successful pushing back of Iraqi troops from Kuwait during the Gulf War in 1991.

 **Edsa Revolution (People Power Day): Philippines.** Special non-working holiday; Commemorates 1986 EDSA Revolution.

<http://library.thinkquest.org/15816/mainpage.html>

 **Ash Wednesday: Christian.** This marks the beginning of Lent, a 40-day period of prayer & fasting preceding Easter Sunday (February 6 to March 23, excluding Sundays). It is observed in memory of Jesus' 40 days of fasting in the desert. In the early centuries of Christianity, there were strict requirements for fasting during the period of preparation for Easter. Although these rules have been relaxed in the Western church, many Roman Catholics & Protestants choose to give up a favorite food or activity during Lent. There are many symbolic meanings to the use of ashes on this holiday. Generally, ashes symbolize death. The priest or minister's placing of ashes on one's forehead in the shape of a cross is part of the preparation for fasting & resistance to temptation by those observing Lent that ends in the symbolic renewal of life on Easter. The word *Lent* comes from Middle English *lenten* or *lente*, from the Old English *lencten* or *lengten*, meaning spring—the time of year when the days begin to lengthen.

Recognizing the Festival/Holiday: Before inviting someone to lunch or hosting a meal, check to see whether invitee is observing a special diet for this period.

FOOD AND DRINK

From the Middle Ages salt cod was a winter staple, especially for Lent and fast days, when meat, eggs, and milk products were both hard to get and forbidden by the Church. But cooks in the Catholic countries of Europe turned hardship to blessing by inventing literally hundreds of ways to cook it. In France there are more recipes for salt cod than for any other single fish. Italy, Spain, Greece, Portugal and the countries of South America and the Caribbean also have a myriad of salt cod dishes, now often served throughout the year.

Classics include:

Brandade de morue—salt cod pureed with milk & olive oil (France)

Bacalao a la Vizcaina—salt cod with dried peppers, tomatoes & cayenne (Basque region of Spain)

Bacalao al Pil—garlic & pepper-flavored salt cod (Spain)

Salt Fish in Chemise—salt cod cooked with tomatoes & onions & topped with eggs (Caribbean)
 Baccala alla Livornese—salt cod stewed in tomato sauce (Italy)
 Taramasalata—salted cod roe pureed with lemon juice & olive oil (Greece)
 Cod a Brás—salt cod with fried potatoes, onions & eggs. (Portugal)
 (See recipe section for Italian Salted Cod Croquettes & Kwarezimal.)

February 26

🇩🇪 **Levi Strauss (1829-1902): German.** Businessman, inventor of jeans from tent material.

http://en.wikipedia.org/wiki/Levi_Strauss

🇫🇷 **Victor Hugo (1802-1885): French.** Author, explored concepts of justice & mercy [*Les Miserables*].

http://en.wikipedia.org/wiki/Victor_Hugo

🌙 **Intercalary Days: Baha'i.** The days from Feb 26 to Mar 1 adjust the Baha'i year, which consists of 19 months with 19 days each month, to the solar calendar. These days are observed with gift-giving, special acts of charity, & preparation for fasting that precedes the new year.

February 27

🇩🇲 **Independence Day: Dominican Republic.** This day commemorates the retreat in 1844 of the Haitians who had controlled the country.

🇺🇸 **1872: US. Charlotte Ray** becomes first African-American woman lawyer graduate from Howard University Law School.

🇺🇸 **1988: US. Debi Thomas** becomes first African-American figure skater to win an Olympic medal.

🇺🇸 **Occupation of Wounded Knee (1973): American Indian.** On this date a group of American Indian activists began the occupation of Wounded Knee, South Dakota, site of the 1890 massacre that ended the Plains Indians wars, to demand reforms in tribal government. The occupation, which erupted into sporadic violence after armed federal marshals surrounded the area, continued until May 8 & brought increased national attention to the grievances of American Indians.

After 71 days, the Siege at Wounded Knee had come to an end; with the government making nearly 1200 arrests. But this would only mark the beginning of what was known as the "Reign of Terror" instigated by the FBI and the BIA. During the three years following Wounded Knee, 64 tribal members were unsolved murder victims, 300 harassed and beaten, and 562 arrests were made, and of these arrests only 15 people were convicted of any crime. A large price to pay for 71 days as a free people on the land of one's ancestors.

http://siouxme.com/lodge/aim_73.html
http://www.essortment.com/all/siegewoundedkn_rmpq.htm



🇺🇸 **Feb 27, 1922:** US Supreme Court upholds the 19th Amendment to the Constitution which guarantees women the right to vote.

🇺🇸 **FEB 27 - March 1, 2009: Murfreesboro, Tennessee. Eight All Nations Festival.** Location: Tennessee Livestock Ctr. Contact: 615-796-4210, website: www.mtsu.edu/powwow, email: powwow@mtsu.edu

February 28

🇺🇸 **Mary Lyon (1797-1849): American.** Educator, founder & 1st president of the nation's 1st college for women Mount Holyoke College in 1837 at South Hadley, Massachusetts.
<http://www.mtholyoke.edu/maryl原因/>

RECIPES

Chitterlings

5 pounds frozen chitterlings - thawed
 5 cups water
 2 stalks celery with leaves
 2 large onions - chopped
 2 bay leaves
 1 clove garlic - minced
 1/2 cup vinegar
 1 teaspoon salt
 1/2 teaspoon pepper
 1 red pepper peds, cut in pieces (optional)

Soak chitterlings in cold water for at least 6 hours. Cover pot. Drain. Strip as much fat as possible from each piece & wash thoroughly in cold water. Make sure it is entirely free of dirt. Cut into small pieces about 1 inch. Place in full pot of water with salt & pepper. Add other ingredients to the pot & cover. Cook over medium heat until tender about 2 1/2 or 3 hours. Serve w/vinegar or hot sauce. (Serves 4-6)

Dirty Rice

2 cups rice
 1/2 pound chicken gizzards
 1/2 pound chicken livers
 1/2 pound ground beef
 1 cup onions - chopped
 1 green pepper - chopped
 1/2 cup celery -chopped
 2 cloves garlic - chopped
 1 Tablespoon parsley - chopped
 2 green onions - chopped
 dash of salt
 dash of pepper

Place gizzards & livers in pot & add water. Put the cover on the pot. Boil for 10 minutes. Add ground beef to skillet & mix well. Pour off oil & drain. Add chopped onions, garlic, celery, green peppers, green onions & parsley. Cook over medium heat 15 minutes. Remove livers &

gizzards from water & chop well. Add to mixture. Stir well. Stir rice into mixture with salt & pepper. Pour into casserole dish or baking dish & heat in oven at 350 degrees F. for 15 minutes. (Serves 6-8)

Crab Cakes

2 cups crab meat - cooked
2 tablespoons butter or margarine -melted
1 small onion - chopped fine
2 eggs beaten
1/2 cup bread crumbs
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup vegetable oil for frying

Saute chopped onions in butter. In a bowl mix the crab, egg, onions, bread crumbs, butter or margarine, salt & pepper together. Shape into 8 patties. Fry in hot fat until golden brown for about 5 minutes. Drain on a paper towel. (Serves 4)

Jambalaya

1 pound smoked sausage - sliced
1/2 pound ham - diced
1 tablespoon oil
2 onions - chopped
1 green pepper - chopped
1/2 cup celery - chopped
1/2 cup green onions - chopped
1 can tomatoes (16 oz)
3 cups beef, chicken stock or water
2 cloves garlic - chopped
1 bay leaf
1/4 teaspoon pepper
1/2 teaspoon salt
2 cups rice -uncooked
1 pound shrimp, peeled and deveined



Heat oil in skillet. Fry the sausage & ham. Add onion, green pepper, green onions & celery & saute until tender or soft. Add tomatoes, stock or water to pot. Add garlic, bay leaf, pepper, salt & rice. Stir, bring to a boil - then reduce heat. Cover & simmer for 15 minutes. Add water if Jambalaya seems dry. Add shrimp, re-cover & cook 15 minutes longer. Mix well. (Serves 6-8).

Red Beans & Rice

2 cups red kidney beans
6 cups water - cold
1 large onion - chopped
1 green pepper -chopped
1/2 pound ham - cubed OR
1/2 pound smoked sausage - sliced
2 cloves garlic - chopped
1 bay leaf
1/2 teaspoon salt
1/2 teaspoon pepper

Wash beans in cold water. Drain beans & put in covered pot with cold water. Add ham or sausage to pot. Bring to boil slowly. Add chopped onions, garlic, green pepper, bay leaf, salt & pepper. Simmer for 2 hours stirring occasionally until beans are soft. Mash some of the beans against the side of the pot to make a creamy sauce. Serve with rice. (Serves 6)

African Yam Soup

Ingredients:

Serves four to five)

(1) 1 teaspoon vegetable oil
(2) 1 small onion, chopped
(3) 1 large sweet potato, peeled and diced
(4) 1 lb African white yam, peeled and diced
(5) 1 clove garlic, minced
(6) 4 cups chicken broth
(7) 1 teaspoon dried thyme
(8) 1/2 teaspoon ground cumin
(9) 1 cup chunky salsa
(10) 1 can garbanzo beans, drained
(11) 1 cup diced zucchini

Preparation and Cooking:

Heat oil in a stockpot over medium heat. Saute onion, African yam, sweet potato, and garlic until onion is soft. Turn down heat if necessary to prevent burning. Stir in the chicken broth, thyme and cumin. Bring to a boil, cover and simmer for about 15 minutes. Stir in salsa, garbanzo beans and zucchini. Simmer until tender, about 15 minutes. Serve hot with pita chips and green salad.

Corn Pudding

1 can cream style corn (17 oz)
1/3 sugar
1 small can evaporated milk
1 tsp vanilla
1 1/2 tbsp flour
2 eggs
dash of salt
1/2 stick of butter
Mix ingredients & bake until firm until 350 degrees.

Candied Sweet Potatoes

2 large yams or sweet potatoes - fresh or canned
4 tablespoons butter or margarine
1/2 cup sugar
1/2 cup brown sugar
1/2 cup water
1/4 teaspoon salt
1/2 teaspoon nutmeg
1 teaspoon cinnamon

Preheat oven to 425 degrees F. Peel & cut potatoes in 1/4 to 1/2 inch slices. Place potatoes in casserole pan. Cut butter or margarine into small pieces. Put butter or margarine on top of potatoes. Sprinkle the remaining

ingredients over the potatoes. Bake uncovered in the oven for approximately 1 hour. (Serves 4).

Succotash

1 cup corn (frozen or canned) - cooked
1 cup lima beans (frozen or canned) - cooked
1/2 teaspoon salt
2 tablespoons margarine
Dash of pepper

Combine corn & lima beans in pot. Add salt, pepper & margarine. Heat slowly over low heat for 10 minutes.

Hominy Grits

1 cup grits
1 teaspoon salt
4 cups water
3 tablespoons butter or margarine

Bring water to a boil. Add salt. Slowly stir in grits. Stir constantly to prevent lumping. Reduce heat & cover for 10 minutes. Serve hot with butter. (Serves 4)

Corn Pone

1 cup flour
1 cup yellow cornmeal
1/2 teaspoon salt
1 egg
1 cup milk (or use water)
2 teaspoons baking powder

Heat skillet, add 1 1/2 tablespoons cooking oil until hot enough that a drop of batter bubbles immediately. Mix flour, cornmeal, salt, egg, & milk or water until smooth with no lumps. Place a spoonful in 4 or 5 places in a hot skillet. Let brown, then turn over like a pancake & brown on the other side. Serve with butter & honey.

Cornbread

1 1/2 cups cornmeal
3/4 cup flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1 1/4 cups buttermilk
2 eggs
2 tablespoons oil

Grease a 9-inch pan with oil. Mix all ingredients in a bowl. Pour mixture into the pan & bake in the oven at 425 degrees for 18 minutes.

Sweet Potato Pie

2 cups cooked mashed sweet potatoes
1 1/3 cups sugar (brown or white)
1 teaspoon vanilla extract
1 teaspoon lemon extract
1 teaspoon cinnamon
1/2 teaspoon nutmeg

3 eggs
1/2 cup milk or half-and-half
3/4 stick of butter

Peel & cube sweet potatoes. Mash potatoes with all the above ingredients. Beat with mixer on medium speed until smooth (or you can mix it by hand until smooth). Place in pie shell. Bake at 350 degrees for about an hour, or until firm when touched in the middle.

Bread Pudding

Years ago, people could not afford to throw anything away. If they had a lot of leftover old bread (that was made w/flour, not cornmeal), they would crumble & save it & they used the stale bread to make this delicious dessert.

4 cups dried bread crumbs
2 eggs beaten
2 cups milk
1/2 cup sugar
1/2 teaspoon vanilla
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
2 tablespoons butter
1 1/2 cups raisins



Mix all the above ingredients. Place in 350 degree oven. Bake for 45 minutes, or until the center is firm to the touch. Can be served hot or cold.

Cream Cheese Pound Cake

3 sticks of butter
1 8oz pkg cream cheese
6 eggs
3 cups sugar
3 cups of flour
1 tsp lemon or vanilla extract

Cream the butter & cream cheese together with an electric mixer until well blended. Add 1 cup of sugar & blend well. Add 1 egg & blend well. Alternate 1 cup sugar & 1 egg until sugar is depleted. Add 1 cup of flour, blend well. Add 1 egg & alternate flour with egg until flour is depleted. Add extract & blend well. Pour into a greased and floured tube pan & bake in a pre-heated 325 degree oven for 1 hour & 25 minutes. Ice with lemon glaze.

LEMON GLAZE

About 2 cups of confectioners sugar
1 tbsp butter melted
milk
3 tbsp lemon juice
(all of these measurements are approximate)

Mix these ingredients until smooth & the consistency of a glaze (thicker than regular milk, but as thick as Eagle sweetened condensed milk) Pour over the cake.

Liebkuhen (Honey Cakes)

1 cup margarine
1 cup sugar
1 egg
1 cup honey
1 cup sour milk* (see below)
2 Tablespoons vinegar
6 cup flour
1 1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon mace
1 Tablespoon ground cinnamon
Prepare sour milk & mix dry ingredients. Set both aside.
Cream margarine & sugar, add egg, beat until light. Add honey, sour milk & vinegar. Mix thoroughly. Chill 1 hour.
Roll out to 1/4" thickness. Cut into 2"x3" rectangles & place on buttered cookie sheets. Bake at 375° for 6 minutes. Frost with plain vanilla frosting.
* For sour milk, add 1 T. vinegar to 1 c. milk & let stand for 10 minutes.

Runeberg's Muffins

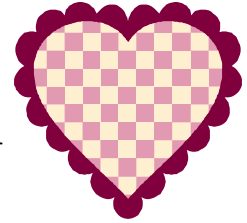
(20-25 muffins)

Ingredients: - 200 g margarine or butter - 2 dl sugar - 2 eggs - 2 dl wheat flour - 1 tsp baking powder - 1 tsp ground cardamom - 2 dl sweet bread crumbs (e.g. crumbled biscuits) - 2 dl ground almonds (appr. 80 g) - 1 dl single cream - solid raspberry jam
To moisten: - 2 dl water - 1 dl sugar - 2-3 tbsp arrack liqueur or rum
Topping: solid raspberry jam or marmalade
Icing: - 1 dl icing sugar - 2 tsp water or lemon juice
Preheat the oven to 200° C.
Grind the almonds & combine them with the breadcrumbs. Cream the butter or margarine & sugar together. Add one egg at a time, beating the mixture well after each egg. Combine the flour & baking powder & stir into the mixture. Add the cardamom, breadcrumbs & almonds & finally the cream. Mix lightly but do not unnecessarily stir the mixture. Grease a muffin mould & put an equal amount of the mixture into the hollows. Leave room for the mixture to raise in the hollows. Using a floured fingertip, press a hole in the middle of each muffin. Place about half a teaspoonful of jam or marmalade on each muffin. Bake in the middle of the oven for about 15 minutes.
Boil the water & melt the sugar in it. Flavour with the alcohol. Moisten the baked muffins with the liquid. When the muffins are still hot, add another half a teaspoonful of jam in the middle. Let the muffins cool.
Combine the icing sugar & water or lemon juice in a small bowl. Pour the liquid icing around the jam. Enjoy!
<http://www.saunalahti.fi/~marian1/gourmet/season3a.htm>

Victorian Gingerbread Valentines

In Victorian times lovers declared their affections via words, songs, pictures & foods. One such food was gingerbread "life cakes" in the shape of hearts.

2 1/2 cups unsifted flour
2 teaspoons cinnamon
1 1/2 teaspoons ginger
1/2 teaspoon ground cloves
1/4 teaspoon salt
1/2 cup margarine
1/2 cup packed dark brown sugar
1/3 cup dark corn syrup
1 large egg



In large bowl, sift together flour, cinnamon, ginger, cloves & salt.

Blend together margarine & brown sugar until smooth. Add corn syrup & egg; beat well. Add dry ingredients, about 1/3 at a time, mixing until smooth after each addition. Chill dough one hour.

Roll out half of dough on lightly floured surface to one-quarter-inch thickness. (Reserve other half for decorations or for a 2nd batch of cookies.) Using heart-shaped cookie cutter, press out cookie shapes or use knife to cut around a pattern. Place hearts on cookie sheet. Decorate as desired. Bake at 350 degrees for 15 to 20 minutes until golden.

Remove & place on wire racks to cool. Store in covered container. Makes about eight 4 1/2 inch cookies.

English Pancakes

In medieval times churches in England used to ring a bell to remind people to come to church to shrive themselves – confess their sins & be absolved -- before the beginning of Lent. Afterwards, they reveled in pancakes made with the last eggs & butter until Easter Sunday, when the 40-day fast ended. In England today, few people observe the Lenten fast, but almost everybody makes pancakes on Shrove Tuesday, which is commonly called Pancake Tuesday. Some villages still hold traditional pancake races in which contestants must toss pancakes while they run along the course. The pancakes are invariably served with lemon juice & sugar.

1 cup flour
pinch salt
1 egg, lightly beaten
2 cups (approximately) milk
about 3 tablespoons melted butter, lard or oil
granulated sugar for serving
2 lemons cut in half for serving



Mix the flour & salt in a large bowl and make a well in the center. Add the beaten egg and about half a cup of milk. Gradually stir the flour into the liquid ingredients, adding more milk as you go until you have a smooth batter thin batter the consistency of light cream. Whisk with an egg whisk until a little frothy and let it stand covered for half an hour (or longer if that's more convenient.) To make the pancakes, choose a heavy-bottomed frying pan that does not stick. Grease it with a little of the butter, lard or oil and let it slowly get very hot over moderate heat. Wipe the pan out with plenty of paper towel. Return to the heat & pour in a portion of the batter – no more than 1/4 cup – swirling

it quickly round the pan so that it covers the base & begins to set almost immediately. As this happens, lift the drying edge with a spatula. When the surface is completely dry – 1-2 minutes – flip the pancake over & cook the other side for a minute. Slide the pancake onto a plate. Let whoever is going to eat it sprinkle it with teaspoon or so of sugar & a squeeze of lemon juice, then roll it up & eat it. Pancakes are best eaten fresh from the pan, so have everybody sitting around ready & waiting & serve each person in turn. Makes about 10 pancakes.

Finnish Shrove Tuesday Buns

- 1 package active dry yeast
- ¼ cup warm water
- 1 cup warm milk
- 1 cup sugar
- 1 teaspoon salt
- 2 eggs
- ¾ cup softened butter
- 5-6 cups flour

For the glaze and filling:

- 1 egg, beaten
- ½ cup flaked almonds
- 2 7-ounce cans almond paste
- 1 cup whipping cream
- 3 tablespoons confectioners' sugar



In a large bowl, dissolve the yeast in the warm water & let stand for 5 minutes. Add the milk, sugar, salt, & eggs. Add the butter & 2 cups of flour & beat until the batter is smooth & satiny. Add more flour a little at a time until the dough will not absorb any more. Let rest for 15 minutes, then knead until smooth & satiny again. Wash the bowl, grease it, form the dough into a ball, cover with plastic wrap, and let rise in a draft-free spot until doubled in bulk. Divide the dough into about 24 pieces, form them into balls, & place on a greased baking sheet. Cover lightly and let rise until doubled and puffy. Preheat the oven to 400°F. Brush the buns with the beaten egg & toss a few flaked almonds on each bun. Bake for 12 minutes. Cool.

To serve, slice the cap off each bun & scoop out some of the soft center. Fill the space with almond paste. Whip the cream & pile some in each bun. Lightly replace the lid & dust with confectioners' sugar.

<http://kitchen.healthsufficiency.com/archives/9>

<http://cloudberryquark.blogspot.com/2007/02/pea-soup-day-with-shrove-buns.html>

Cod a Bràs

Portugal has literally dozens of salt-cod dishes that differ from region to region. This one has become a popular fast food in Lisbon's cafes.

- ¾ pound salt cod
- 6 eggs
- 1 pound (about 3 medium) potatoes, peeled
- 5 tablespoons olive oil (approximate)
- 3 medium onions, finely chopped
- 1 clove garlic, minced

pepper to taste

3 tablespoons fresh parsley, chopped

¼ pound black olives

Rinse the salt cod, then place it in a large pan or bowl & cover with plenty of cold water. Let it soak for 24 hours, changing the water 2–3 times during this period. (Longer soaking produces a milder tasting fish.) Finally remove the cod & pat it dry. Pull the cod into shreds by scraping it with a fork. Discard any skin & bones. Beat the eggs & set both cod & eggs aside until later. Grate the potatoes & rinse under cold water to remove some of the starch. Drain & place on a plate lined with paper towels to absorb the moisture. Over high heat, heat 4 tablespoons of olive oil or sufficient to cover a frying pan to the depth of about an inch. Add the potatoes & cook them, stirring so the shreds don't clump together too much. When they are golden, remove them to a dish lined with paper towel. Put the onion & garlic in the pan, adding a little more olive oil if necessary. Gently cook the onions & garlic until they are soft but not browned—about 5 minutes. Add the shredded cod to the pan & stir it around with a wooden spoon for 2–3 minutes to break it up. Return the potatoes to the pan. Season the eggs with pepper. Pour them into the pan & stir for about a minute or until the mixture is creamy. Pour onto a heated serving plate & garnish with parsley & olives. Serves 4–6.

Italian Salted Cod Croquettes

Every country where cod is eaten has recipes for making it into some sort of cake. Spain, Portugal, South America, Canada, & many Caribbean islands have dishes similar to this one. Today they are not exclusive to Lent though they originated as winter & Lenten fare.

- 1 ½ pounds soaked salt cod
- 3 anchovy fillets, chopped
- 1 tablespoon chopped parsley
- ½ tablespoon pepper
- 1 tablespoon grated Parmesan cheese
- 2 slices white bread, soaked in water & squeezed dry
- 2 eggs, lightly beaten
- ½ cup flour
- 1 egg lightly beaten
- bread crumbs for coating

Boil the fish in water for 30 minutes & cool. Bone & skin it & chop fine. Add anchovies, parsley, pepper, cheese, bread & 2 eggs & mix very well. "Shape into 2-inch log-shaped croquettes", roll in flour, dip in the remaining egg, roll in bread crumbs, & fry in olive oil until brown all over. Frying time is about 4 minutes each side. Makes 10-12 croquettes.

Kwarezimal

These almond cookies come from the island of Malta. Similar cookies are made also in southern Italy. They appear only in Lent because unlike most cookies they do not call for butter & eggs – two animal foods forbidden during the penitential season. They are made in bars about

4 inches long. Since they are filling, it's best to cut the bars into segments before serving. Orange-flower water can be bought at specialty food shops. If you can't find it or don't like its perfume-like flavor, use vanilla or almond extract instead.

10 ounce bag blanched almonds, either whole or slivered
 1 3/4 cups all purpose flour
 1 1/4 cups light brown sugar
 1 teaspoon cinnamon
 1/2 teaspoon orange-flower water or to taste (or substitute 1 teaspoon vanilla extract or 1/2 teaspoon almond extract)
 grated zest of 1 lemon
 grated zest of 1 orange
 about half a cup of honey
 3 tablespoons pine nuts or slivered almonds



Preheat the oven to 300 degrees. Put the almonds in a single layer in a shallow pan & toast them for 7-8 minutes or until they are golden. Increase the oven temperature to 375. Grind the almonds in a food processor or blender & then mix with the flour, sugar, cinnamon, orange-flower water & the lemon & orange zest. Add enough water to make a stiff dough. Knead the mixture until it coheres. Shape into bars about 4 inches long by 1 1/2 inches wide & half an inch high. Grease baking sheets or line with parchment paper & place the bars on it. Bake for 18-20 minutes. Check to make sure these very sweet cookies don't burn during cooking. While they are still hot, warm the honey in a small pan & brush over the top surface. Sprinkle with the slivered almonds or pine nuts. These cookies store well in an air-tight plastic or metal box.

Fiskibollur – Traditional Icelandic fish balls

1 large fillet white fish (cod, haddock or saithe are traditional), skinned & de-boned
 1 medium onion
 150 ml. flour
 50 ml. potato flour
 1 1/2 tsp. salt
 2 eggs
 as needed--milk

Finely chop or grind the fish fillet & onion. Mix together in a bowl (or just throw both ingredients into a food processor & let it do the work). Add the dry ingredients, mixing well. Add the eggs & then the milk (the fish-dough should be just thick enough to stick together when you form it into balls). Form small balls with 2 tablespoons or use your hands. Fry in oil or butter over low heat, until done. Serve with fresh salad & boiled potatoes. Ketchup also goes well with fish-balls.

-If you must have some sauce on your fish-balls, serve with melted butter, brown gravy or cocktail sauce, or make pink sauce.

These are two ways to make pink sauce:

-1. Make basic white sauce & add ketchup until it turns pink. Serve with fish-balls.
 -2. When the fish balls are just about done, add 250 ml. water to the pan. Take 1 1/2 tbsp. flour & 100 ml. water or milk & mix into a smooth paste. When the water on the frying pan boils, add the flour paste. Add 1 tsp. fish stock powder & 50 ml. ketchup or tomato sauce. Cook for 5 minutes.

Make white sauce:

50 gr. margarine/butter
 50 gr. flour
 750 ml. milk

Melt the margarine/butter over medium heat. Stir the flour into it, until smooth & thick. Continue stirring & add a small amount of milk. When the mixture boils, add more milk. Repeat this process until all the milk is used up.

Kokkteilsósa - Cocktail sauce

Take 200 gr. sour cream, or 100 gr. sour cream & 100 gr. mayonnaise. Stir until smooth. If you are using both mayo & cream, stir separately & then mix--Important it will help you avoid lumps in the sauce. Add approx. 3 tbsp. ketchup. Finally, add 1/2-1 tsp. sweet mustard. You can make cocktail sauce in a blender, in which case you just dump everything in at once & mix on high until smooth.
 -When using with fish, you can mix in a little garlic to add bite to the sauce. Use either powdered or fresh garlic (finely chopped or crushed).

Feta Pie with Leeks

Greeks make many sorts of cheese pies, especially in the weeks before Lent when it is traditional to use up rich foods. This pie is easy because it forms its own crust as it cooks. Serves 6.

5 medium leeks
 3 tablespoons olive oil
 3/4 cup whole wheat flour
 1 teaspoon salt
 pepper to taste
 4 eggs, beaten
 1 cup milk
 3/4 pound feta cheese, crumbled

Preheat the oven to 375°F. Strip all the coarse outer leaves & the tops from the leeks. Wash them, then slice the white and tender green parts into 1/2-inch discs. In a frying pan, heat the oil over a medium burner & sauté the leeks in it for 5-6 minutes or until they are slightly tender. Do not let them take more than a little color. In a mixing bowl, combine the flour, salt, & pepper & make a well in the center into which you pour the beaten eggs & milk. Whisk until smooth—about 1 minute—then stir in the crumbled feta & leeks. Grease a 9-inch quiche dish or pie pan with olive oil, then pour in the mixture. Bake for 45-50 minutes or until a knife blade inserted in the center comes out clean. This pie can be served warm or cold. If serving warm let it rest for 5-10 minutes before cutting it.

National Women's History Month. Was established by presidential proclamation to draw attention to & rectify the limited focus on women in historical studies. Theme for 2009 is **Women Taking the Lead to Save our Planet.** For educational materials, contact the National Women's History Project: 3343 Industrial Drive, Suite #4; Santa Rosa, CA 95403. <http://www.nwhp.org/>

Irish American Heritage Month. In 1995, Congress proclaimed March as a month to recognize the contributions of Irish Americans to the United States. <http://www.iaci-usa.org/>
<http://www.irishcultureandcustoms.com/index.html>

International Women's Day (March 8th). UN declared this day to celebrate women & the accomplishments they have made to society. It is also designated as a national holiday in many countries. It is traditional on this holiday to present women with gifts and flowers to express appreciation for their work, love & devotion.

<http://www.un.org/ecosocdev/geninfo/women/womday97.htm>
http://en.wikipedia.org/wiki/International_Women's_Day

Brain Awareness Week (Mar 16th-22nd):

Brain Awareness Week (BAW) is a series of events held around the world to increase public awareness about the brain. **Contact Us:** Phone: (202) 962-4000
 Fax: (202) 962-4941 E-mail: baw@sfn.org

<http://web.sfn.org/baw/>

<http://faculty.washington.edu/chudler/baw.html>

National Inhalants & Poisons Awareness Week (16th -23rd): An annual media-based, community-level program that takes place the 3rd week in March. NIPAW is designed to increase understanding about the use & risks of inhalant involvement. <http://www.inhalants.org/>

Let's Say Thanks to the Troops: The Xerox Corporation is helping people across the nation express their gratitude to our troops overseas with **FREE** postcards created at their Let's Say Thanks website which are printed out & included in care packages sent to the troops by **www.Give2TheTroops.org.**

<http://www.letsaythank.com/Home.html>

Quilts of Valor Foundation: Quilting Honor & Comfort for Our Wounded Soldiers. The mission of the QOV Foundation is to cover ALL combat wounded & injured service members from the War on Terror whether physical or psychological wounds with wartime quilts called Quilts of Valor (QOVs). <http://www.qovf.org/>
 Contact Info: Barbara Winkler 562-925-7673

Veterans and Families: Sacramento, California-based organization is building support services for returning veterans. <http://www.veteransandfamilies.org/home.html>

Wounded Warriors: Donates everything from phone cards to TVs to wounded soldiers.

<http://www.woundedwarriorhospitalfund.org/>

Soldiers' Angels: Send care to deployed soldiers & their loved ones at home. <http://www.soldiersangels.org/>

Cell Phones for Soldiers: The program was started in April 2004 by 13-year-old Brittany Bergquist & her 12-year-old brother Robbie of Norwell, Massachusetts. Their goal is to help our soldiers serving overseas call home. They hope to provide as many soldiers as possible with prepaid calling cards. Through generous donations & the recycling of used cell phones, They have already distributed thousands of calling cards to soldiers around the globe. **Featured Sponsor** - AT&T has donated more than \$500,000 worth of prepaid phone cards to Cell Phones for Soldiers & is now offering all 1,800 company-owned wireless store locations across the country as drop-off sites to help recycle used cell phones for the program, through July 2008!

<http://www.cellphonesforsoldiers.com/>

America Supports You: A nationwide program launched by the Department of Defense, recognizes citizens' support for our military men & women & communicates that support to members of our Armed Forces at home & abroad.

<http://www.americasupportsyounil/AmericaSupportsYou/index.aspx>

Operation Uplink: Is a *Veterans of Foreign Wars of the United States* program keeps military personnel & hospitalized veterans in touch with their families & loved ones by providing with a free phone card. <http://www.operationuplink.org/>

Military.com—Support the Troops: Site has links to programs that offer aid to our military -- everything from care packages to emergency services to military family support.

http://www.military.com/Content/MoreContent1/?file=support_troops

Give 2 The Troops: This organization sends letters and care packages for free to our troops overseas.

<http://give2thetroops.org/>



SUPPORT OUR TROOPS!



DAV (Disabled American Veterans) local chapters:

Chapter #68-Barstow-100 Veterans Pkwy.

PH# 760-253-5573

Chapter #27-Ontario-1341 East D Street

PH# 909-885-0731

Chapter #28-Riverside-4351 University Ave

PH# 951-369-8626

Chapter #12-San Bernardino-2055 Elks Dr

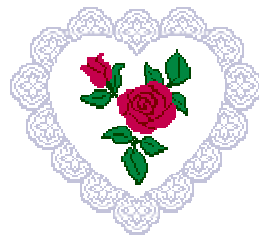
PH# 909-792-8808

Chapter #92-Victorville-14041 Hesperia Rd. at Elks Lodge

Chapter #60-Yucca Valley-7426 Elk Trail Yucca VFW

PH # 760-365-7430

Founded in 1920, is totally funded by dues & contributions, receiving no federal funding. Is dedicated to building better lives for America's disabled veterans & their families. **Eligibility:** Any man or woman, who was wounded, gassed, injured or disabled in the line of duty during time of war, while in the service of either the military or naval forces of the United States of America, & who has not been dishonorably discharged or separated from such service, or who may still be in active service in the armed forces of the United States of America is eligible for membership in the Disabled American Veterans. Others who are disabled while serving with any of the armed forces of any nations associated with the United States of America as allies during any of its war periods, who are American citizens & who are honorably discharged, are also eligible. www.dav.org



How to say I Love You Around the Globe:

Wo ai ni (Mandarin)
Ngo oi ney (Cantonese)
Saya cinta padamu (Indonesian)
Ai shite imasu (Japanese)
Yo te amo/Te quiero (Spanish)
Ich liebe Dich (Germany)
Je t'aime (French)
Na nun tangshinul sarang hamnida (Korean)
Ya tyebya lyublyu (Russian)
Ti amo/Ti voglio bene (Italian)
Eu te amo (Portuguese)
Seni seviyorum (Turkish)
Pom rak khun (Thai)
T'estimo, t'esteme molt (Catalan)
Nimitztlaco'tla (Aztec)
Kykeyum (Cherokee)
Miluji vas (Czech)
Eg elskar dig (Danish)
Anna bahebek (Egyptian)
Nagligivaget (Eskimo)
Mo ghradh thu (Gaelic)
Thaim in grabh leat (Irish)
Sas agapo (Greek)
Aloha wau ia oe (Hawaiian)
Ego te amo (Latin)
Konoronhkwa (Mohawk)
Askeketem (Persian)
Ja cie kocham (Polish)
O te alofa ya te oe (Samoan)
Techi 'hila (Sioux)
Mimi nakupenda (Swahili)
Ngi ya thandela wena (Zulu)
Mandi komova (Gypsy/Romany)
Ne-mehotatse (Cheyenne)
Ami tomake bhalo basi (Bengali)



Black History Month

"Freedom is never given; it is won."
-A. Philip Randolph



We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice.

Carter Woodson (1875-1950)

on founding Negro History Week, 1926

Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

Maya Angelou (1928-)

"Still I rise," *And Still I Rise* (1978)



It is a peculiar sensation, this double-consciousness, this sense of always looking at one's self through the eyes of others. . . . One ever feels his twoness,—an American, a Negro; two souls, two thoughts, two unreconciled strivings; two warring ideals in one dark body, whose dogged strength alone keeps it from being torn asunder.

W.E.B. Du Bois (1868-1963)

The Souls of Black Folk (1903)

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.

Martin Luther King (1929-1968)

Strength to Love, 1963

When I found I had crossed that line, [on her first escape from slavery, 1845] I looked at my hands to see if I was the same person. There was such a glory over everything.

Harriet Tubman (1820?-1913)

to her biographer, Sarah H. Bradford, c. 1868

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

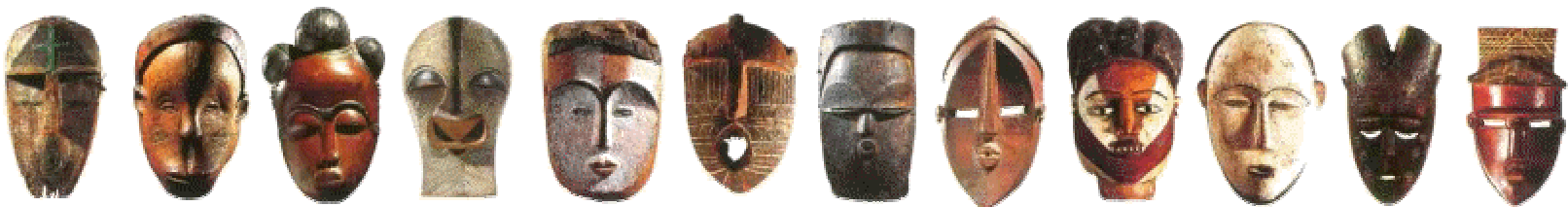
Booker T. Washington (1856-1915)

Up From Slavery (1901)

Our nation is a rainbow—red, yellow, brown, black, and white—and we're all precious in God's sight.

Jesse Jackson (1941)

speech given at the Democratic National Convention in San Francisco on July 17, 1984



National Salute to Hospitalized Veterans



Veronica, 9, Greenburg, PA

The purpose of the National Salute to Hospitalized Veterans Program is to:

- pay tribute & express appreciation to hospitalized veterans;
- increase community awareness of the role of the VA medical center;
- encourage citizens to visit hospitalized veterans & to become involved as volunteers

From Feb. 8 through 14, the annual National Salute to Hospitalized Veterans will be observed at VA medical centers throughout the country.

The week of February 14 each year is our opportunity to say thank you to a special group of women & men, the more than 98,000 veterans of the U.S. armed services who are cared for every day in Department of Veterans Affairs (VA) medical centers, outpatient clinics, domiciliaries, & nursing homes. During the National Salute, VA invites individuals, veterans groups, military personnel, civic organizations, businesses, schools, local media, celebrities & sports stars to participate in a variety of activities at the VA medical centers. The activities & events include special ward visits & valentine distributions; photo opportunities; school essay contests; special recreation activities & veteran recognition programs. For more information, contact your nearest VA Medical Center & ask for Voluntary Service to discover the wonderful things you, your group or organization can do to salute America's Heroes.

VA Loma Linda Healthcare System

11201 Benton Street
Loma Linda, CA 92357

San Bernardino Vet Center

155 West Hospitality Lane Suite 140
San Bernardino, CA 92408

To find your nearest VA Medical Center, visit the VA Facilities Locator & Directory:
<http://www1.va.gov/directory/guide/home.asp?isFlash=1>

Looking for ways to support and honor U.S. military servicemembers and veterans who protect our security and freedom? Go to the Military.com Support our Troops webpage at
http://www.military.com/Content/MoreContent1/?file=support_troops to learn more.

Any Soldier, Any Marine, Any Sailor, Any Airman, Any Coast Guardsman: Send mail & care packages to soldiers who don't receive mail. <http://www.anysoldier.com/index.cfm>, <http://anymarine.com/>, <http://anysailor.com/>, <http://anyairman.com/>, <http://anycoastguard.com/>

Veterans & Families: Sacramento, California-based organization is building support services for returning veterans. <http://www.veteransandfamilies.org/home.html>

Wounded Warriors: Donates everything from phone cards to TVs to wounded soldiers.
<http://www.woundedwarriorhospitalfund.org/>

